



## 2003 South Carolina Behavioral Risk Factor Surveillance Survey Highlights: Health Status, Health Care Access, and Behavioral Risk Factors

The Behavioral Risk Factor Surveillance Survey is a cross-sectional telephone survey conducted annually to help determine behavior and risk factor prevalence in the fifty states and several US Territories. The survey consists of interviews conducted with randomly selected adults aged 18 years or older from sampled households. The sampling method used is a disproportionate stratified sample from all telephone-equipped dwellings in the states. The data is specifically weighted to match the State's population by several demographic factors.

SC BRFSS is administered every year in cooperation with the Federal Centers for Disease Control and Prevention. Questions included on the survey gather information about lifestyle choices such as smoking, alcohol consumption, weight control, cancer screening habits, and women's health issues. The results are used to determine health needs for the State of South Carolina and to measure progress towards National 2010 Health Objectives.

In 2003, 5,926 surveys were completed by Clearwater Research, Inc for South Carolina Department of Health and Environmental Control (SC DHEC). South Carolina has been conducting the BRFSS survey since 1984.

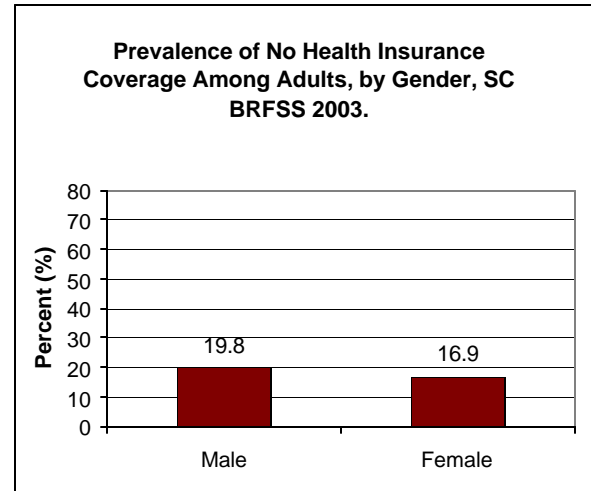
This summary reports the prevalence of several behavioral risk factors, health status and health care access among the adult population of South Carolina in 2003.

### Health Status

In 2003, 83.3% of South Carolina adults self-reported their health to be excellent, very good or good. An additional 10.9% of the population reported their health as fair; another 5.8% reported their health as poor.

### Health Care Access

The Healthy People 2010 goal for having health insurance is 100%. In 2003, 18.3% of the adult population of South Carolina did not have a health insurance plan.

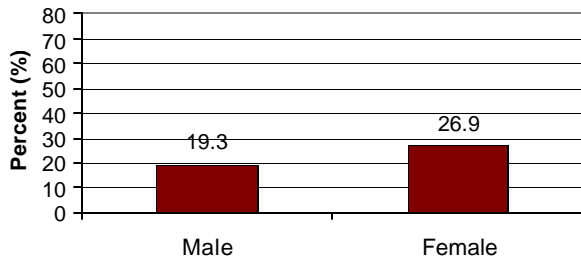


### Physical Activity

The recommendation for physical activity is moderate physical activity for 30 or more minutes per day, five or more days per week, or vigorous physical activity for 20 or more minutes per day, three or more days per week. 46.2% of South Carolina adults reported that their physical activity met the recommendation. 50.1% of males and 42.6% of females responded that they met the recommended level of physical activity.

The Healthy People 2010 goal for not having any leisure time activity in the past month is 20.0%. In 2002, 23.3% of South Carolina adults reported not having any leisure time exercise in the last 30 days.

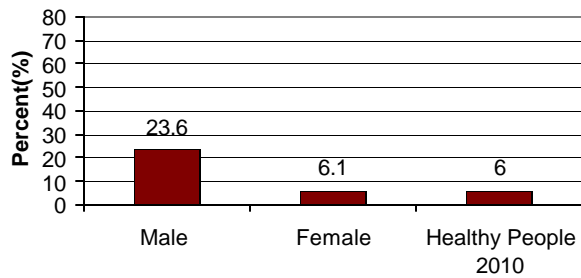
**Prevalence of No Leisure Time Activity in the Last 30 days, by Gender, SC BRFSS 2003**



## Alcohol Consumption

14.4% of adults in South Carolina were at risk for binge drinking. Binge drinking is defined as having drunk 5 or more drinks on one or more occasions in the past month.

**Prevalence of Binge Drinking in Adults, by Gender, SC BRFSS 2003**



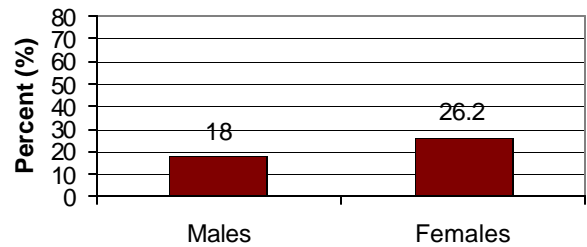
## Smoking

In 2003, 25.5% of adults in South Carolina were current smokers, a prevalence twice that of the Healthy People 2010 goal of 12%. Over half (55.3%) of current smokers reported having stopped smoking for one day or longer in the past month. The male and female rates of smoking are about equal, 28.5% and 22.7% respectively.

## Vegetable and Fruit Consumption

22.3% of the adult population of South Carolina consumed fruits and vegetables five or more times a day in 2003.

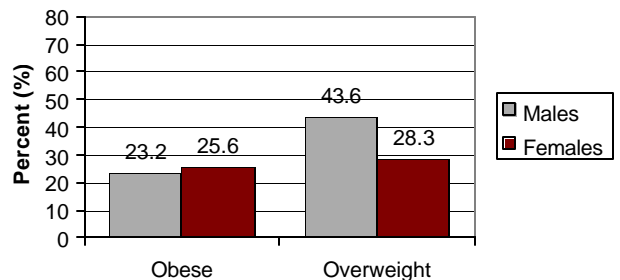
**Prevalence of Consuming 5 or more Servings of Fruits and Vegetables per Day, by Gender, SC BRFSS, 2003**



## Obesity

In 2003, 60.2% of South Carolina adults were overweight or obese (Body Mass Index > 25). Among them, 24.5% had a BMI > 30 (obese) and 35.8% had a BMI between 25 and 30 (overweight). The Healthy People 2010 goal for prevalence of obesity is less than 20%.

**Prevalence of Overweight and Obese in Adults, by Gender, SC BRFSS 2003**



## Hypertension

28.8% of South Carolina adults reported they had been told they had high blood pressure. Males and females had a prevalence of high blood pressure of 27.9% and 29.6% respectively. The Healthy People 2010 goal is 16%.